

Connecting People with the Land

Celebrate National Archeology Month and National Hunting and Fishing Day
Cape Girardeau Conservation Nature Center



Saturday, September 26

10am to 4pm



- Watch flint knapping and view native American artifacts
- Learn about traditional archery, fishing and hunting through demonstration stations
- Listen to guest speakers and visit exhibitors



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<www.mdc.mo.gov/areas/cnc/cape>

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Cape Girardeau, MO 63701

2289 County Park Drive

Conservation Nature Center



Tupelo Times



Tupelo Times

AUGUST & SEPTEMBER 2009 VOL. 5, NO. 4

The Newsletter of the **Cape Girardeau Conservation Nature Center**

STEP OUTSIDE... AND OUT OF YOUR COMFORT ZONE

I've been a Girl Scout practically my entire life and have greatly benefitted from the experiences the organization has provided me, experiences that I would not have had otherwise. These outdoor adventures helped make me who I am today, pushing me to step out of my comfort zone and overcome any obstacles along the way. This is why I am such a fan of the Missouri Department of Conservation's "Discover Nature – Women" program. This program is designed to help women ages 14 years and up gain the skills and confidence to pursue a wide range of outdoor activities. Women explore skills ranging from canoeing and flyfishing to hunting and caving.

Prior to my job with the nature center, I had never hunted, or even picked up a gun. There are many women just like me who don't have the opportunity to experience new outdoor adventures. Lack of equipment and property are major barriers, but an even bigger obstacle is the difficulty in finding a mentor, teacher or guide who has the patience to teach the necessary skills without the need for competition. Our "Discover Nature-Women" programs provide all three of these, thus breaking down the obstacles many women encounter.

In today's society, we tend to be disconnected from the outdoors, taking our natural resources for granted and forgetting where the food on our table comes from. The Missouri Department of Conservation is working hard to change this trend

by offering hands-on opportunities statewide and regionally that are designed to spark new connections between ourselves and the land.

I've seen transformations of all kinds during our women's programs. I observed a woman whose husband was killed by a gun overcome her fear of firearms. She picked up a gun for the first time in her life and discovered she was a pretty good shot. A single mom, once opposed to hunting, changed her mind after realizing hunters play an active role in the circle of life and decided to share her experiences with her children. Others have overcome claustrophobia to conquer an appropriately named section of cave called the "worm hole".

Participating and working with the "Discover Nature – Women" program and our similar "Discover Nature – Families" program reminds me and other conservation employees why we do what we do, rekindling our passion for preserving our outdoor recreational heritage and natural resources for future generations.

Sara Turner, Education Specialist

Discover Nature – Women Caving (August 15)
 Discover Nature - Women Decoy Making (November 13-14)
 Hunter Education (August 14-15 & September 11-12) 573-290-5730
 Discover Nature – Families Archery (September 19)
 Connecting People with the Land (September 26)



Come to the Fair!

Visit the Conservation Department's building at the SEMO District Fair *and.....*

- **Discover Nature** by exploring our decomposing log
- **Discover Nature** and learn 52 things you can do outside with your kids
- See live snakes and fish

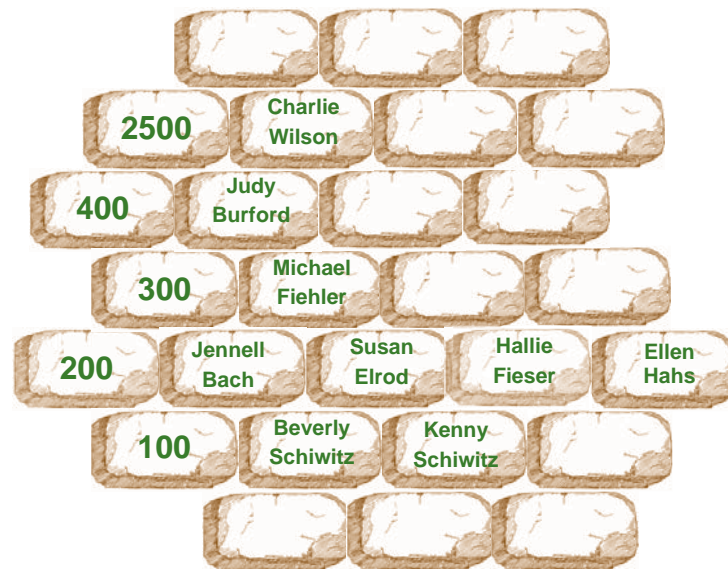


Discover Something New

With so many different facets to the nature center and the programs offered, there are plenty of new opportunities for the nature center volunteers to explore. Several volunteers have stretched beyond their comfort zones and discovered new activities that they enjoy and are skilled in. Beverly Schiwitz discovered an interest in primitive skills and now makes dogbane cordage. Pat Wells attended an archery class and helps youth learn the skills. Donna Magwitz became a natural at the information desk and Mylinh Gillespie brought the “Tadpoles” programming up to a whole new level of quality. Omayra Hayward participated in outdoor skills training for women and is fired up to get more women interested. Bethany King spends her time sharing new knowledge about reptiles with others and Ken Jones incorporated new training during a duck decoy-making workshop. When you see these and other volunteers in action at the nature center, let them inspire you to get out and discover something new.

Volunteer Milestones

Hours of Service



Bethany King



Beverly Schiwitz



Ken Jones

Cape Girardeau Conservation Nature Center is located in North Cape Girardeau County Park off Kingshighway just east of Interstate 55 at exit 99. The building is open Tuesday through Saturday 8am to 5pm and Sunday noon to 5pm and is closed Mondays, New Year's Day, Thanksgiving, and Christmas. The area is open daily from sunrise to 10pm in accordance with the Cape Girardeau County Park Rules and Regulations.

Nature center grounds and trails are closed to pets, horses, hunting, collecting, littering, fires, and alcoholic beverages. The trails are also closed to bicycles, jogging, in-line skates, skateboards, scooters, and motorized vehicles.

The Cape Girardeau Conservation Nature Center is operated through hunting and fishing license revenues and through the 1/8% “Design for Conservation” sales tax. There is no admission charge.

Phone: 573/290-5218; Fax: 573/290-5566; Internet: www.mdc.mo.gov/areas/cnc/cape

Educators' Niche

Wild Answers for Wild Puzzles Education Workshop

This course will look at key ecological concepts and how they are interrelated. Participants will develop a greater awareness of Missouri's rich outdoors, the wise use of limited resources, and increase their understanding of the principles of conservation. Participants will leave with time tested ways to teach these important concepts to their students. Participants will receive Project WILD training as they meet course objectives. This course will take place at the Cape Girardeau Conservation Nature Center October 2nd and 3rd from 8:00 a.m. to 5:00 p.m. each day. One hour of graduate credit is available through SEMO for \$50.00. For more information, please contact Bridget Jackson at 573-290-5218.

Educator Resource Room Featured Item

How comfortable are you with amphibians and reptiles? These often persecuted animals serve an important role in any ecosystem in which they live. If you dislike these animals, step out of your comfort zone and come pick up a Snakes of Missouri, Frogs and Toads, or Salamanders of Missouri poster. Take a few minutes to acquaint yourself and your students with these fascinating animals.

New Discovery Trunks

There are two new Discovery Trunks for educators to check out. “**Life Cycles**” is designed for grades Pre-K through 2nd and features books, puzzles, puppets, and life cycle models about butterflies, frogs, ladybugs, and praying mantises. “**Aquatics**” includes aquatic sampling equipment, water quality testing kits, fish replicas, and curricula books. Call 573-290-5218 to reserve one of these or one of the other Discovery Trunks.

Bow Making October 1-3

How would you like to make your own archery equipment? Are you good with your hands and patient to boot? Then this workshop will appeal to you. The workshop will detail history of archery in North America, bow design and performance, and harvesting raw material. You will leave the workshop with first hand experience making a hickory longbow using only hand tools, along with a list of references and resources for continuing on your own. For more information and to register contact the nature center at 573-290-5218.



The Nature Shop

AUGUST

Show-Me Bugs

Show-Me Bugs introduces you to Missouri's most fascinating and most ecologically important wildlife. Use it to get to know some of the little creatures that help keep the Show-Me state clean, green and natural. This book is finely detailed with full-color illustrations. It is fun to read, perfect for kids, families, teachers and gardeners.



Discounted price:
\$6.36 plus tax

20% Off

*Special monthly discounts ...
(Conservation Heritage Card
discounts do not apply)*

*The Nature Shop
features a variety of nature-
related books, videos/DVDs,
and resources to increase
awareness and knowledge
of conservation and the
outdoors.*

SEPTEMBER

Shrubs and Woody Vines of Missouri

Start identifying shrubs and woody vines in your yard, neighborhood or out in the wild. Don Kurz's “Shrubs and Woody Vines of Missouri Field Guide” will show you how. Based on his original, larger-format sized “Shrubs and Woody Vines of Missouri,” this concise, easy-to-carry field guide features 170 species.

Discounted price:
\$6.00 plus tax



NEW



August Events

Please call the nature center at **573/290-5218** on or after **August 1** for this month's programs requiring registration. If you are unable to attend a program, please call to cancel so that someone on the waiting list may attend.

8 Frontiers Field Day Saturday, 9am-noon

Would you like to be rewarded for learning about conservation? Looking for hands-on opportunities? Join us to see how your family, home school co-op, scout or 4-H group can participate in conservation activities at different levels and receive special rewards. Cape Area 4-H members will demonstrate how they participate in "Missouri Conservation Frontiers." There will be nature hikes, hands-on activities, and crafts to help you start working toward the Conservation Tracker level. If you are already a Frontiers member, join us and share your experiences with others. All ages. Youth groups welcome. No registration required.

8 Conservation Trails Hickory Canyons Saturday, 9am-5pm



Hickory Canyons are the largest known sandstone canyons in Missouri. The large canyon formed by Hickory Creek features a hollow surrounded by rugged bluffs, rock formations, ledges and nooks to expore. A waterfall forms the beginning of Establishment Creek, named for a 1790s settlement near the Mississippi River. This trail is rated difficult due to steep climbs. Ages 8 and up. Registration required.

9 Discovery Station Slithery Snakes Sunday, 1-4pm

Slither on in to this month's discovery station and get up close and personal with nature's most misunderstood reptile. Meet some of the snakes that live at the nature center and enjoy some fun activities and crafts. All ages. Youth and adult groups welcome. No registration required.

snappers



Outdoor Skills Tuesday, August 11 6:30-8pm

Discover the many outdoor skills available in southeast Missouri. Participants will try their luck at our kids' only fishing pond, learn basic archery skills and experience our laser shot program. Snappers will be taught the proper way to safely use the equipment while understanding the importance of each skill. **Snappers** programs are designed for kids ages 7-11. Registration required.

13 Photographing Birds with Noppadol Paothong Thursday, 6:30-8pm



Missouri Department of Conservation Photographer Noppadol Paothong has been photographing birds this year and has many intriguing stories to tell. If you love watching or photographing birds, you won't want to miss this evening. Afterwards, a newly-forming group of **people interested in birds and birding** will host a **reception and focus group** for anyone interested. Come enjoy the photography of Noppadol and learn about more opportunities to enjoy birds and birding. All ages. No registration required.

14 Hunter Education Friday, 5:30-9:30pm Saturday, 8am-4pm

This 10-hour hunter education certification course is required for anyone born January 1, 1967, or after, who wants to hunt with a firearm in Missouri. The class is open to ages 11 and up; youth 12 and under must have an adult accompany them. This course begins on Friday evening and continues on Saturday from 8 am until 4 pm. You must attend both sessions and pass a test to receive certification. All students 15 and under must bring proof of age. Bring any previously purchased permits with you to class. Pre-registration required. Call 573-290-5730 to register.

14 Frog Giggling Basics Friday, 8-11pm

Some call it frog giggling; some just say frogging. Join us as we learn the basics of giggling--the most common method to hunt frogs. We'll meet at the nature center before going offsite to try our own hand at giggling. You can use your own gig or we'll provide one for you. We'll give you recipes you can try at home too. Ages 18 and up. Registration required.

Mudpuppies

Nighttime Neighbors

Saturday, August 15
9am, 11am or 1pm
Tuesday, August 18
9am or 11am



Are nighttime animals really so spooky? A lot of people think so! We'll shed some light on these creatures of the dark and you'll see that they're not so spooky after all. **Mudpuppies** programs are designed for kids ages 3-6. Please limit attendance to one 45-minute program per month. Registration required.

15 Caving Saturday, 8am-12noon

Step out of your comfort zone and into the dark, wet habitat of a Perry County cave. Fisheries Biologist Brad Pobst will be your guide over and under the rocky terrain in search of salamanders, bats and fish that call the cave "home." Participants should be in good physical condition and able to crawl on their hands and knees. Ages 14 and up (those 14 - 17 must attend with female adult). Registration required.



16 Wildlife, CSI Sunday, 1-4pm

Wildlife mysteries surround us. Join us in the role of investigator to discover what some of these mysteries are. We'll dissect owl pellets, explore the forensics of wildlife decomposition and solve a mystery of our own. **Discover Nature Families** are designed to help adults and children explore nature and master outdoor skills together. Ages 10 and up. Registration required.



Featured Films

shown in the auditorium
Sundays from 3-4pm



Call the nature center front desk to find out what videos will be shown this month.

20 Nature Art Leaf Candles Thursday, 6:30-8pm

Nature inspires people to create beautiful objects to decorate their homes or to give as gifts. Spend the evening at the nature center and learn how to decorate candles with leaves and wax. Bring your own pillar candle; all other materials will be provided. Ages 16 and up. Registration required.

22 Hummingbird Celebration Saturday, 7am-3pm



Late July and August is prime time for hummingbird migration in our area and these ruby gems will be gearing up for their journey south. Master bander Cathie Hutcheson will band hummingbirds throughout the day beginning at 7 a.m. Information stations and seminars will provide tips on attracting hummingbirds, gardening, feeder care and much more. Kids can check out our fledgling fun corner too. All ages. No registration required.

23 Discovery Hike Pickle Springs Sunday, 1-5pm



Come hike the beautiful Pickle Springs Natural Area. Pickle Springs is noted for its unique rock formations and rare plant species; but it also consists of a well-marked 2-mile trail. It is home to many lizards, salamanders, and a variety of birds. There are several scenic overlooks along the trail to mesmerize hikers of all ages. This trail rated moderate, but has some steep hills. Ages 8 and up. Registration required.

RACERS

Trail Building Saturday, August 29 8am-3:30pm



Grab your gloves and get ready to help restore and build trails that were damaged by the ice storms or affected by erosion at Trail of Tears State Park. You'll assist in making trails safer for hikers while practicing outdoor ethics and basic trail building principles. **Racers** programs are designed for teens ages 12-17. Registration required.

30 Meet the Artist Sunday, 1-3pm

Join us for a photographic journey into the wild, and sometimes woolly, Ozarks with photographer Chris Klinckhardt. Take time to visit with Chris and see what inspires him about this region. All ages. No registration required.

COMING IN OCTOBER

3 Rollin' on the River Saturday, 8am-5pm

Ladies, this is your opportunity to experience girl power in the outdoors as a participant in our women's canoe trip on the St. Francis River. Enthusiasm to learn and the physical ability to paddle a canoe are all you'll need. We'll provide the equipment and basic canoe instruction, as well as the transportation. No prior experience is required for this four-mile canoe trip from Sam A. Baker State Park. Ages 16 and up (those 16 - 17 must attend with female adult). Registration required.



Early registration begins September 15

Temporary Display

Visit the nature center's gallery during August to view "Get Wild with Nature" by photographer Chris Klinkhardt.



September Events

Please call the nature center at **573/290-5218** on or after **September 1** for this month's programs requiring registration. If you are unable to attend a program, please call to cancel so that someone on the waiting list may attend.

1 Senior Explorer Days Tuesday, 9-11am or 2-4pm Wednesday, 9-11am

Make your way to the nature center for a day of exploration with other seniors! Learn about some of the amphibians and reptiles that live in southeast Missouri, play nature games, make some cool crafts and have some good old fashioned fun! **September 1 and 2.** Ages 55 and up. Registration required. **Early registration begins August 15**

snappers

Road Kill Cafe Tuesday, September 8 6:30-8pm



View the natural world from the ground up and discover what decomposition is all about. Extremely beneficial, although often disgusting, decomposers will leave you with a new perspective of the world around you. Participants will play with worms, dig through a decomposing log, see flesh-devouring insects and maybe even taste a bit of "road kill delight." **Snappers** programs are designed for kids ages 7-11. Registration required.

8 Swift Night Out A Flight Phenomena Tuesday, 6:30-8pm



Have you noticed little birds twittering in the air or diving into chimneys during summer evenings? Resembling cigars with wings, Chimney Swifts are staging in our area, preparing for a long flight to South America for the winter. Swift Night Out is a national research count of Chimney Swifts during fall migration. You can help count these birds or simply watch as they circle then dive into the large chimney at the old Washington School building on North Fountain Street in Cape Girardeau. Call for directions and more information. All ages. Youth groups welcome. No registration required.

10 Conservation Café Leigh Frederickson Thursday, 6:30-8pm



With fifty years of experience in waterfowl and wetland management, our guest Leigh Frederickson has developed a worldwide reputation as a leader in the field of conservation. Dr. Frederickson is still involved with the work begun in the 1960s involving the collection of long term data on nesting Wood Duck and Merganser populations in Mingo swamps. Join us for coffee and refreshments, and a deeper understanding of the ongoing work in Southeast Missouri wetlands. Ages 8 and up. Registration required.

11 Hunter Education Friday, 5:30-9:30pm Saturday, 8am-4pm

This 10-hour hunter education certification course is required for anyone born January 1, 1967, or after, who wants to hunt with a firearm in Missouri. The class is open to ages 11 and up; youth 12 and under must have an adult accompany them. This course begins on Friday evening and continues on Saturday from 8 am until 4 pm. You must attend both sessions and pass a test to receive certification. All students 15 and under must bring proof of age. Bring any previously purchased permits with you to class. Pre-registration required. Call 573-290-5730 to register.

Featured Films

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RACERS

Caving in Conservation Saturday, September 12 8am-noon



Come explore one of the many caves in Perry County with Fisheries Biologist, Brad Pobst. We may see bats, salamanders, fish, and other critters that actually thrive in these unique ecosystems. **Racers** programs are designed for teens ages 12 – 17. Registration required.

Mudpuppies

Colorful Camouflage Saturday, September 12 9am, 11am or 1pm Tuesday, September 15 9am, 11am or 1pm



Why do some animals wear a disguise? An animal disguise is called camouflage. Come have fun with us as we find out how animals use this trick to hide and fool other animals. **Mudpuppies** programs are designed for kids ages 3-6. Please limit attendance to one 45-minute program per month. Registration required.

13 Discovery Hike General Watkins CA Sunday, 1-5pm



General Watkins Conservation Area, located in Scott County, is named for a Civil War General who is buried in the forest. Join us to hike the heavily wooded trails that are home to a variety of different trees. The majestic landscape has been carved by heavy erosion creating steep canyons which make for a moderate to difficult hike. Ages 8 and up. Registration required.

15 Nature Art Making Memories with Nature Journals Tuesday, 6:30-8pm



Would you like to preserve your outdoor memories and observations? Nature journaling allows you to do just that in a creative way. Join us to make your own nature journal and learn some basic journaling techniques. No artistic skills are needed. Ages 14 and up. Registration required.

19 Conservation Trails John J. Audubon Trail Saturday, 9am-5pm



Surrounded by the Mark Twain National Forest, the John J. Audubon Trail offers a wilderness trail through the forests and glades visited by the artist as he collected bird specimens for study. We'll explore these two habitats and the flora and fauna of each, covering about five of the twelve miles of trail. This trail rated difficult due to the rugged and steep terrain. Ages 8 and up. Registration required.

Tadpoles

Miniature Music Makers Saturday, September 19 9am or 11am



Grasshoppers, crickets, and katydids provide some late summer noises. Explore how and why they make "music" and make a little insect music yourself! **Tadpoles** programs are designed for infants and toddlers ages 0-2. These are outdoor stroller walks where a child can experience nature with his/her parent or adult. Registration required.

19 Archery Saturday, 9am, 10:30am or 1pm

Spend time with your family as you discover the importance of archery as a way of survival and as a fun outdoor activity. You will learn tips and better techniques to become a more proficient archer. All archery equipment will be provided. Discover Nature Families are designed to help adults and children explore nature and master outdoor skills together. Ages 6 and up. Registration required.



20 Discovery Station Magnificent Missouri Mammals Sunday, 1-4pm



Lions and wolves and bears! Oh my! Come find out about these and other large animals that have called Missouri home in the past and present. Explore the characteristics of these magnificent mammals while having fun. All ages. Youth and adult groups welcome. No registration required.

22 "Adults Only" Build a Bat Box Tuesday, 6:30-8pm

Bats get a bad rap, but they are actually very beneficial to humans (unless you like a lot of mosquitoes around)! Bats eat hundreds of mosquitoes and feed on other insects at dawn and dusk. After this workshop, you can take home and put up your own bat house to encourage bats to hang around your neighborhood. All materials and tools provided. Ages 18 and up. Registration required.

26 Connecting People With the Land Saturday, 10am-4pm

Join us for a day set aside to recognize National Archaeology Month and celebrate National Hunting & Fishing Day. Participants will learn about the conservation and preservation of the rich cultural and natural resources of the area through hands-on activities and demonstrations. Fishing, archery, tanning, woodcarving, archaeology identification and ground stone tools are just a few of the activities you can observe or try. Spend the day or a few hours while learning how the past connects us to the future. All ages. Youth and adult groups welcome. No registration required.

COMING IN NOVEMBER

7 Scoutin' Around Saturday, 9am-4pm

Attention Scouts in first through sixth grades! Join us for another day of Scoutin' Around, where we'll focus on badges related to birds, mammals, endangered species, and aquatics. Hikes, discovery tables, and career information will be offered to help connect you with the land and assist you in meeting your goals. For a list of the badge requirements that will be covered, contact the nature center or your local service center for a flyer. Youth groups are welcome. Registration required.

Early registration begins September 8

Temporary Display

Visit the nature center gallery in September to view "Nature in the Abstract." This unique collection of abstract nature art and photography will grab your attention and inspire you to look at our natural world differently.